University of Huddersfield Repository

Hooton, Andrew

Becoming an Applied Sport and Exercise Psychologist - A Phenomenological Study of Supervised Experience

Original Citation


This version is available at http://eprints.hud.ac.uk/id/eprint/4799/

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

http://eprints.hud.ac.uk/
**INTRODUCTION**

Literature within sport psychology and exercise psychology has only recently begun to explore the necessity of effective practice in applied settings (Crompton et al. 2007). In order to try and achieve a baseline of practitioner competence within applied settings, neophyte practitioners are highly recommended to undergo supervised experience (SE). This would normally be completed through the British Association of Sport and Exercise Sciences (BASES). It should be noted that due to an insurmountable academic status and public recognition the BPS now offer a route to chartered status. BASES supervised experience runs for a period of 2-3 years and requires supervision from an accredited practitioner. There is a lack of research exploring this imperative transitional phase of becoming an Applied Sport and Exercise Psychologist. The following sections outline the proposed research process to explore supervised experience.

**PHILOSOPHICAL UNDERPINNING**

This study is situated within the constructionist paradigm whereby “...meanings are constructed by human beings as they engage with the world they are interpreting” (Crotty, 2003, p.43). Phenomenology provides an ideal philosophical stance from which to approach this research. Phenomenology literally means the study/knowledge of lived experience (Crotty, 2003) and as outlined in the following methods section provides an ideal theoretical and methodological framework to convey an understanding of the lived experience of becoming an Applied Sport and Exercise Psychologist.

**AIMS**

The main purpose of the proposed investigation is (1) to explore the lived experience of becoming an Applied Sport and Exercise Psychologist, and (2) to develop an in-depth understanding of key issues within supervised experience.

**THE RESEARCH PROCESS**

- Constructionism
- Phenomenology
- Reflective Diary
- Case Studies
- Semi-structured Interviews
- Descriptive Phenomenology
- Interpretive Phenomenology
- CImplications for practice
- CImplications for future research
- CImplications for SE

**METHOD**

The proposed study will explore the lived experience of neophyte practitioners’ SE. Due to the specific nature of the study purposive sampling will be used for participant recruitment. Case studies will consist of three data collection points. Participants will be required to complete a reflective journal throughout the first year of SE reflecting on their experiences. A Husserlian phenomenology approach based on the work of Giorgi (1985) and Colaizzi (1973) will be used to explore the reflective journals. Husserlian phenomenology requires analysis to be completed in the context of epoché, which requires bracketing one’s preconceptions of the topic. I feel it is important to include this initial descriptive method in order to prevent an overly subjective, self-indulgent study from developing due to my own experiences of SE. The extent to which an individual can fully adhere to bracketing is a challenge of SE.

**REFERENCES**


